



Surviving the Storm

In turbulent times, your Employee Assistance Program is a lifeline. Our counseling, self-improvement tools and solutions for everyday issues can help you weather any storm, at home or at work. The services are free, confidential and available all day, every day to you and your household members.

Here when you need us.

Call: **800-808-2261**

TTY: 800.697.0353

App: GuidanceNowSM

Online: guidanceresources.com

Web ID: **MCHCP**